

W.O.W

Working on Wellness

@ Deep Creek Elementary

January Newsletter **Happy New YOU!!**



**Coming in
January**

**Make a healthy
choice...**

**December's
Food Facts!**

“Eat healthy stuff!”

“Move around enough!”

“Live tobacco and drug
free!”

From Coach Goody, Health Talk Videos

The Wellness Committee

Mr. Triolet, Ms. Bradshaw, Mrs.
Koonce, Mrs. Fitzgerald, Mrs.
Abrams, Mrs. Byrd, Mrs. Hill (RN)

December is always a busy time of the year, and so was the Wellness Committee at DCE. We started the month by sharing some great information about different healthy foods each Wednesday during our “WOW on Wednesday” segment on the morning announcements. Just like in previous newsletters, you will find some interesting notes on these foods below. In the middle of December we hosted another Family Fun Run called the “Run and Read Challenge”. We had great weather and a superb turn out of about 200 people. After the run we enjoyed some holiday cheer by having some hot cocoa, yum!!

As we begin a new year, we will be sharing information on these delicious and nutritious food items; bananas, black-eyed peas, cabbage/leeks, and papaya. On our first Wednesday of the month, all students and faculty members received a yummy banana! The WOW Committee will also co-sponsored DCE’s first Family Fun Run of the year which is “Reading Month” themed, the “Run and Read” Family Fun Run will take place on Saturday, January 22nd at 10:00 A.M. (all participants are invited to wear a shirt with writing on it and bring at least one gently used book for a book exchange after the run).

ORANGE – Christopher Columbus brought the first oranges to the New World on his second voyage in 1493. Eating one orange supplies you with enough Vitamin C to last the whole day! Vitamin C helps our bodies build strong bones and teeth, resist infections and heal cuts and bruises.

DARK CHOCOLATE– There are different types of chocolate (milk, white), but one actually has health benefits-dark! Chocolate comes from cacao beans that grow on cacao trees (also known as cocoa beans/trees). Dark chocolate contains flavonoids that act as antioxidants. Antioxidants have many benefits and one is help keep our heart healthy. Dark chocolate helps lower blood pressure and reduce cholesterol.

MILK – Dairy cows provide over 90% of the entire planet’s milk supply. It takes 10 pounds of milk to make a pound of cheese, 21 pounds of milk to make a pound of butter, and 12 pounds of milk to make a single gallon of ice cream. Young children need the nutrients milk provides because their developing skeletal systems replace bone mass about every two years until they reach maturity.

On the back of the newsletter are a couple of healthy recipes you can try in the month of November. Enjoy!!

January Healthy Recipes

Chicken Wings with Orange Soy Glaze Recipe

(http://www.sunkist.com/recipes/chicken-wings-with-orange-soy-glaze_518.aspx)

Ingredients

1 ½ cups Sunkist® fresh-squeezed orange juice -
- divided
2 Tbsp. Soy sauce -- divided
2 Tbsp. Green onions -- chopped
2 tsp. Garlic -- minced
1 lb. Chicken wings
2 Tbsp. Brown sugar
to taste salt and pepper

Directions

Combine 1 cup Sunkist fresh-squeezed orange juice, 1 tablespoon soy sauce, green onions, and garlic in a large zip-top plastic bag. Add chicken wings, coat evenly with liquid. Seal and marinate in the refrigerator for 4 hours.

Combine remaining 1/2 cup orange juice, 1 tablespoon soy sauce and the brown sugar in a small saucepan to make glaze. Heat mixture to boiling, and cook until liquid is reduced to half of the original volume and is the consistency of syrup. Set aside.

When ready to cook chicken wings, preheat oven to 350 degrees. Remove wings from marinade, drain, and place on baking pan. Season with salt and pepper. Discard marinade. Note: for easy cleanup, line baking with foil and coat with non-stick spray.

Brush wings with orange soy glaze. Bake wings for 25 - 30 minutes, brushing with glaze every 10 minutes until done.

Dark Chocolate Brownies

(<http://www.suite101.com/content/dark-chocolate-brownies-a11132>)

Ingredients

¾ cup butter
7 oz dark chocolate chips
3 oz. unsweetened chocolate, chopped
1 cup sugar
1/2 cup Zsweet (or sugar or another sugar substitute)
1 tsp. vanilla extract
2 large eggs
2 egg whites
1 cup whole wheat pastry flour
1 cup dry roasted, salted almonds, chopped

Directions

Preheat oven to 325. Spray a 9 x 13 pan with nonstick cooking spray. Heat butter in a 3-quart saucepan over low heat. Stir in chocolate chips and unsweetened chocolate until smooth. Remove from heat. Add sugar, Zsweet, and vanilla, stirring until well blended. Whisk in eggs, one at a time. Add egg whites. Fold in flour and nuts. Pour into prepared pan. Bake 30 minutes.